

Brought to you by

Havasu Healthy Striders



The Healthy Striders
Committee:
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Connie McDaniel

Visit the HCHF website
for more information
about the first three
activities in the

Community Corner

Get on Your Feet!

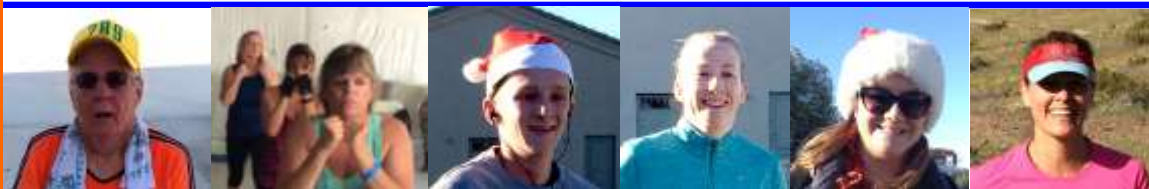


Under the umbrella of
Havasu Community
Health Foundation

94 Acoma Blvd. S.
Suite 101
Lake Havasu City, AZ 86403

Phone: 928 453 8190
Fax: 928 453 8236

Walk'n Talk—December, 2017



Vol.10, Issue 09

December 2017

The Jingle Bell Walk and fun run is almost here!! We hope you all have registered for this fun family event!! We always enjoy this great walk/run and seeing all the participating families and fur babies!!! Call the Havasu Community Health Foundation (928-453-8190) for information.

Planning is under way for the "Spring in to Health" event scheduled for February 11th, 2018!! We will be having a 4 mile run, 4 mile walk, 1 mile walk, guided hike for beginners and intermediates, Zumba with Jenny Slettabo, Zumba Strong with Rachel Clayton and Kristy Harris, Yoga with Dee Erhart and HIITS (High Intensity Interval Training) with Marla Martin. We will be offering Kettle Bell training with Nina Davis throughout the event. Registration is \$10 per person, which includes all activities!!! Check us out on Facebook for more information!!

Community Corner

Jingle Bell Walk
and Fun Run -
December 2,
2017.

Spring Into
Health-February
11, 2018.

Saturday walks
are at 7:00 a.m.
in front of the
swim area at
Rotary Park.

Walker of the month Andy Chaet

Andy Chaet is our walker for December!! He is 58 years young, has been married for 32 years (awesome) and has 2 children and 4 grandbabies!! He moved to Lake Havasu 7 1/2 years ago from Massachusetts. He works at Hospice of Havasu as a Children and Adult Bereavement Counselor.



Andy exercises 5-7 days a week. He walks, swims, bikes and does yoga/stretching at Rotary Park, his home pool, a fitness club and Sara Park. He exercises to energize, stay grounded, lose weight and improve the quality of all facets of his life. He is trying to keep his weight, blood pressure and spinal stenosis under control.

Andy says we are surrounded by a beautiful lake, mountains, desert and Rotary Park, so take advantage of **what Lake Havasu City has to offer. He says, "only you can take care of yourself, and you don't want to keep starting over, so don't stop" and Get On Your Feet!!!**



Contributors:

Linda Scoles

Editor: Lori Miller

Contact: Linda Scoles

Phone: 928 208-9150
E-mail: larrylinda1@yahoo.com